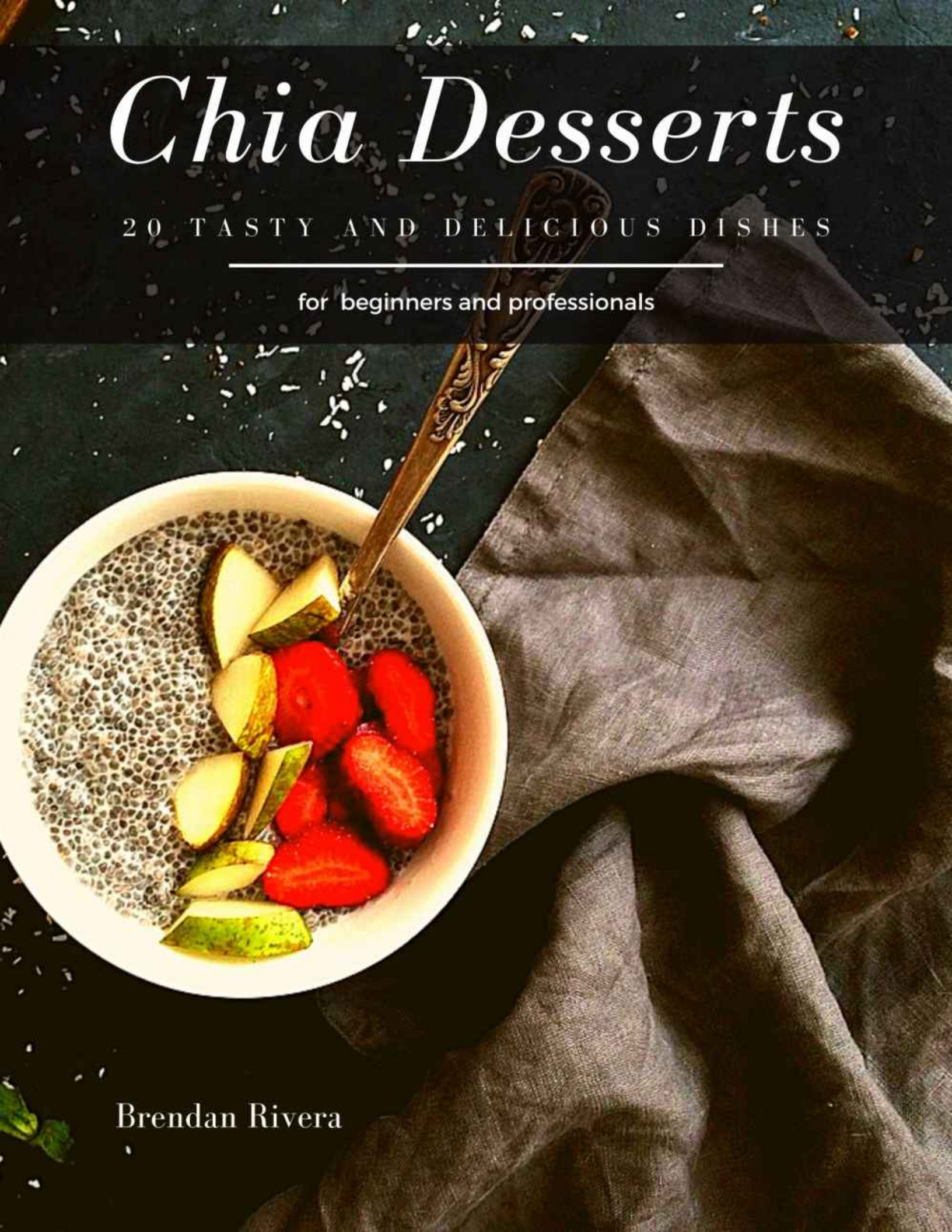
Chia Desserts

20 TASTY AND DELICIOUS DISHES

for beginners and professionals



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Introduction

Here you will see 20 desserts with an ingredient (chia)

Chia is a superfood rich in vitamins

The book is suitable for breakfast to cheer up on whole day

Coconut Chia Pudding

YIELD : **4 SUBMITTINGS**

PREP TIME:
5 MINS
TOTAL TIME:
8 HRS

Ingredients

- one 14-ounce can light coconut milk
- 5 tbsp chia seeds
- one tbsp honey — *employmaple syrup to prepare vegan*
- half tsp pure vanilla extract
- Tiny pinch kosher salt
- Toppings of choice — *fresh fruit, jam, nuts!*

Instructions

1. In a average mixing bowl either big liquid measuring cup, stir along the coconut milk, chia seeds, maple syrup, vanilla, and salt so that the chia seeds are evenly distributed throughout. I find a fork works good for this. Overlay and refrigerate overnight. Supposing you think of it, give the mix one more stir before bed. Supposing you forget, don’t stress over it.
2. In the morning, stir as more to evenly mix the seeds throughout. Taste and place more maple syrup supposing you'd like this a bit sweeter. Portion in your bowl, then place toppings of choice. Enjoy!

Recipe Notes

- **TO STORE** : Prepare your chia pudding as directed, and keep this in some airtight storage container within the refrigerator for up to 5 days. You'll keep this in a covered mixing bowl, either Place this to portion-sized jars. Prepare your toppings in advance, so you'll simply place them to your pudding throughout the week.
- **TO prepare AHEAD + FREEZE** : You'll also prepare a big batch of chia pudding and chill this in small, airtight freezer-safe storage containers for up to two months. allow every portion thaw overnight within the refrigerator before submitting.

Instant Pot Steel Slice Oats

YIELD **: 4 SUBMITTINGS**
PREP TIME:
5 MINS
COOK TIME:
4 MINS
TOTAL TIME:
25 MINS

Ingredients

- 3 cups water
- one cup unsweetened almond milk *— either milk of choice either additional water*
- two cups steel slice oats *— Dont employany else kind of oats*
- half tsp kosher salt
- ½ tsp ground cinnamon
- 3 tbsp pure maple syrup either honey *— if you want; place more to taste*
- Toppings of choice *— fresh fruit, sliced toasted nuts, chia seeds either flaxseeds, additional maple syrup either honey, splash of milk*

Instructions

1. In a 6-quart Instant Pot, stir along the water, almond milk, oats, salt, and maple syrup. Overlay and seal. prepare on HIGH Puture (manual) for 4 mins. allow the Puture release naturally for ten mins. Attentively take away lid.
2. Give the oats a big stir. Attentively taste (they possibly hot!) and place additional cinnamon and/or maple syrup to taste. The oats can keep to thicken as they cool. Ladle in submitting bowls and submit hot with any desired toppings.

Recipe Notes

- Supposing employing some 8-quart Instant Pot, decrease the Puture prepare time to 3 mins. Supposing employing a 3-quart Instant Pot, slice the recipe in half.
- **TO STORE** : Place oatmeal in some airtight storage container and keep within the refrigerator for up to 4 days.

Vegan Protein Bars

YIELD **: 12 BARS**
PREP TIME:
20 MINS
TOTAL TIME:
35 MINS

Ingredients

- one cup creamy peanut butter either almond butter *— plus two tbsp*
- ten medjool dates *— pitted (approximately one cup)*
- one half cups rolled oats
- two tbsp chia seeds either flaxseed meal
- half cup Bob’s Red Mill Vanilla Protein Powder Nutritional Booster
- ¼ tsp kosher salt
- two to4 tbsp almond milk
- one-third cup mini chocolate chips

Instructions

1. Line some 8x8-inch baking pan with parchment paper, leaving overhang on two sides like handles.
2. To the bowl of a food processor fitted with a steel blade, place the peanut butter, dates, and rolled oats. Pulse several times, till the mix breaks down and the ingredients begin to incorporate with one another. Scrape down the bowl then place the chia seeds, protein powder, and two tbsp milk. Pulse till all ingredients are good mixd. Depending on your food processor, this may take a several mins.
3. Check the consistency of your dough. Just as you take up a small handful of this and squeeze, this should hold along and resemble cookie dough. Supposing this is too dry, keep pulsing in milk, one tbsp at a time, till you reach the right consistency. Place the mix to a mixing bowl. place the chocolate chips and with a spatula (or your fingers), stir to mix the chips and moisten any bits of dough that the food processor didn't incorporate evenly.
4. Place mix in the prepared pan and Put this in some even, flat layer. Place the pan to the freezer for 15 mins either the refrigerator for one hour, till the bars firm up.
5. Lift the bars from the pan employing the parchment handles and Place to a cutting board. Chop in bars of desired size and enjoy.

Recipe Notes

- **TO STORE** : Keep the bars within the refrigerator for up to two weeks. Due to their “no bake” consistency, the bars can become soft at approximately 25 °C.
- **TO FREEZE** : Place the bars in some airtight freezer-safe storage container within the freezer for up to 3 months.

Chia Seed Pudding

YIELD **: 4 SUBMITTINGS**
PREP TIME:
5 MINS
RESTING TIME:
4 HRS
TOTAL TIME:
4 HRS

Ingredients

FOR THE PUDDING:

- One-quarter cup unsweetened cocoa powder *— plus two additional tsps*
- One-quarter cup pure maple syrup *— plus additional to taste*
- one tsp pure vanilla extract
- ¼ tsp kosher salt
- One-quarter tsp esPuto powder *— if you want; can yield a more intense chocolate flavor*
- one cup unsweetened almond milk *— either any milk you like*
- ½ cup nonfat plain Greek yogurt
- half cup chia seeds

FOR SUBMITTING:

- Fresh fruit *— whipped cream (YUM!), chocolate chips, granola, nuts, anything you like!*

Instructions

1. Sift cocoa powder over a average mixing bowl to take away any lumps. (I know–sifting is the worst, however you don't want any lumps in your pudding.) place the maple syrup, vanilla, salt, and esPuto powder, and blend slowly to mix. The mix can seem very dried at first however can come along eventually and resemble a thick, fudgy sauce. Pour in a several splashes of the milk and stir carefully to Make a paste (this can help prevent lumps from forming). Then place the rest of the milk, and blend till smooth. blend within the Greek yogurt till smooth.
2. Add chia seeds and blend to mix. Overlay the bowl with plastic and refrigerate overnight, either at least 4 hours, till the mix thickens in a pudding-like consistency. I find this helps to blend this as approximately 30 mins in to prepare sure the chia seeds stay distributed within the mix.
3. As set, stir the pudding as more. Peel out your desired portion, and enjoy with any desired toppings. You'll also portion the blend in jars and keep within them within the refrigerator for 4 additional days.

Recipe Notes

- **TO STORE** : Overlay your chia seed pudding and place within the refrigerator for up to 4 days.
- **TO FREEZE** : Place your chia seed pudding in small, airtight freezer-safe containers and keep within the freezer for up to two months. Place your pudding within the refrigerator to thaw the day before you want to eat it.

Strawberry Spinach Smoothie

YIELD **: ONE SMOOTHIE**
PREP TIME:
5 MINS
TOTAL TIME:
5 MINS

Ingredients

- 3 cups packed spinach
- one average very ripe banana *— peeled, slice in chunks, and chilled (slightly less than one cup)*
- one cup whole chilled strawberries *— approximately ten big/average berries*
- ¼ cup chilled pineapple chunks
- one cup unsweetened almond milk either milk of choice
- one tbsp chia seeds

Instructions

1. Place all of the ingredients in a high powered blender within the order listed: spinach, banana, strawberry pineapple, almond milk, and chia seeds.
2. Blend till smooth. Supposing you'd like a thinner smoothie, splash in a bit more milk. For a thicker smoothie, place a several handfuls of ice. Enjoy immediately, either place in some airtight jar and refrigerate for a several hours.

Recipe Notes

- Supposing you Dont have a high powered blender, puree the spinach and milk first, then place the else chilled ingredients a little at a time. You may must to splash in more milk either water to help the smoothie blend.
- **TO STORE** : Place smoothie in some airtight jar within the refrigerator for up to one day.

Strawberry Blueberry Smoothie

YIELD **: ONE BIG SMOOTHIE (20 OUNCES)**
PREP TIME:
5 MINS
TOTAL TIME:
5 MINS

Ingredients

- three-quarters cup unsweetened almond milk
- one cup chilled strawberries *— approximately ten average/large berries*
- half cup chilled blueberries
- one 5-ounce container nonfat vanilla Greek yogurt
- ¼ tsp ground cinnamon
- If you want additions: a peel of protein powder *— chia either flax seeds, honey, either pure maple syrup for extra sweetness*

Instructions

1. Place all of the ingredients in a high powered blender within the order listed: almond milk, strawberries, blueberries, yogurt, and cinnamon. Blend till smooth.
2. Supposing you'd like a thinner smoothie, splash in a bit more milk. For a thicker smoothie, place a several handfuls of ice. Enjoy immediately, either place in some airtight jar and refrigerate for a several hours.

Recipe Notes

- **TO prepare AHEAD** : Supposing you prepare this smoothie ahead of time, keep this in a glass container with airtight lid for one to two days.

Chocolate Peanut Butter Energy Balls

YIELD **: 14**
PREP TIME:

5 MINS
COOK TIME:
TEN MINS
TOTAL TIME:
15 MINS

Ingredients

- one One-quarter cups Mejool dates *— pitted (approximately ten dates)*
- One-quarter cup peanut butter *— plus two tbsp*
- three-quarters cup rolled oats
- 3 tbsp mini chocolate chips
- one tbsp chia seeds *— you'll also employ**ground flaxseeds**, **hempseed**, either some additional tbsp of oats*
- 1/8 tsp kosher salt
- 3 tbsp cocoa powder

Instructions

1. Supposing your dates are dry, place them in a small bowl and overlay with boiling water. allow sit ten mins to rehydrate, then drain and pat dry.
2. Place the dates within the bowl of a food processor fitted with a steel blade. Pulse several times till the dates break in small bits and form a ball that sticks to the side of the bowl. place the oats, peanut butter, chocolate chips, chia seeds, and salt. Pulse till the mix is broken down and in small pieces however not completely smooth. place the cocoa powder and pulse to mix. At this point, the dough can look like crumbs, however just as you peel some in your hand and Put to roll this in a ball, this should hold along simply. Supposing this seems too dried and isn't holding along, place a little peanut butter; supposing it's too sticky, place a several more oats. (The amount you must may vary based on the brand of peanut butter you employand the moisture of the dates.)
3. Roll the dough in balls of your desired size (I did slightly over one inch and ended up with 14 energy balls). Enjoy instantly (the balls possibly soft however delicious) either pop within the refrigerator for ten either so mins to allow the balls to set.

Recipe Notes

Leftover chocolate peanut butter energy balls possibly chilled for up to one week either chilled for up to 3 months. allow thaw within the refrigerator either overnight.

Beet Smoothie

YIELD **: TWO SMALL EITHER ONE BIG SMOOTHIES**
PREP TIME:
4 MINS
COOK TIME:
1 MIN
TOTAL TIME:
5 MINS

Ingredients

- half cup unsweetened almond milk either milk of choice
- one cup mixed chilled blueberries either mixed berries
- one small beet *— peeled and diced (approximately 8 ounces)*
- One-quarter cup chilled pineapple
- One-quarter cup plain nonfat Greek yogurt *— employnon-dairy yogurt to prepare vegan*
- If you want sweetener: 1-2 tsps honey *— plus additional to taste (use agave to prepare vegan)*
- If you want mix-ins: chia seeds *— hempseed, and/or ground flaxseed (I like mine with a strew of chia either hempseed); I also like to place two tbsp oatmeal to prepare the smoothie even more filling.*

Instructions

1. Place the almond milk, blueberries, beet, pineapple, and Greek yogurt in a high speed blender such as a Vitamix (supposing you Dont have a high speed blender, I'd suggest microwaving, roasting, either slightly steaming the beets before employing so that they are softer and puree more smoothly).
2. Blend till smooth. Taste and supposing you desire a sweeter smoothie, place a little honey either date and blend again. Enjoy instantly either refrigerate for up to one day.

Recipe Notes

- Whereas I wouldn't describe this smoothie as being too "beet-y," you'll detect the flavor of the beets. Supposing this is a concern, you'll Taste reducing the amount of the beets and increasing the amount of berries. I like employing either all blueberries either a blend of blueberries, raspberries, and blackberries. Adding two tbsp oatmeal also mellows the beet flavor.

Overnight Steel Slice Oats

YIELD **: 4 SUBMITTINGS**
PREP TIME:
5 MINS
TOTAL TIME:
TEN HRS

Ingredients

OVERNIGHT STEEL SLICE OATS—BASE RECIPE:

- one three-quarters cups milk *— any kind you like (I employunsweetened almond milk)*
- one half tbsp honey *— either maple syrup*
- one half tbsp peanut butter *— either else nut butter of choice, if you want however delicious*
- one cup unprepared steel slice oats *— you'll also employquick-cooking steel slice oats; the final oatmeal can have a softer, less chewy texture*
- half tsp kosher salt

IF YOU WANT ADDITIONS:

- Chia seeds *— flaxseeds, either hemp seeds*
- Protein powder
- Ground cinnamon
- Citrus zest *— I love orange zest with honey and cinnamon!*
- Dried fruit *— favorites: reduced-sugar dried cranberries, raisins, sliced dates*
- Fresh fruit *— either chilled and thawed fruit*
- Toasted almonds *— walnuts, either pecans (add simply before submitting to maintain the most crunch)*
- some extra drizzle of honey *— either maple syrup*

Instructions

1. In a mixing bowl, blend along the milk, honey, nut butter, and any protein powder you may be adding till smooth. Stir within the oats, salt, and any else if you want additions (wait to place fresh fruit either nuts so that they stay fresh/crisp). Overlay the bowl tightly with plastic (or Place this to some airtight storage container) and refrigerate overnight either for up to 5 days.
2. Just as ready to serve, stir the oats and portion the desired amount in your bowl. (At this point, you'll also share the oats in individual containers and refrigerate for the week.) Top with any desired fresh fruit, nuts, either else toppings. (Supposing placing the oats in individual jars, feel free to place toppings to every, as they can keep fine this way. Supposing storing as a single bigr batch for the week, I find this is best to wait to place the fresh toppings/nuts till simply before submitting so that they don't all sink to the down.) Enjoy cold and congratulate yourself for your breakfast-planning prowess.

Recipe Notes

- Leftover steel slice oats possibly stored within the refrigerator for up to 5 days. Their texture can soften as they sit, so supposing they are too chewy for you on Day 1, you’ll allow them hang out a bit longer.
- The first day, the oats possibly more liquidy, however they can keep to absorb more of the milk throughout the week. Supposing at any point you'd like more milk, simply splash a little on top of your bowl either pour more within the individual mason jars supposing you are storing the steel slice oats that way.

Cleansing Apple Avocado Smoothie

YIELD **: TWO SMOOTHIES**
PREP TIME:
5 MINS
TOTAL TIME:
5 MINS

Ingredients

- one cup plain unsweetened almond milk
- 4 cups loosely packed spinach *— that's approximately two big handfuls*
- one average avocado *— peeled and pitted*
- two average apples *— any kind you like, peel on, cored and quartered (supposing not employing a high-powered blender such as a Vitamix, slice in a rough dice)*
- one average banana *— slice in chunks and frozen*
- two tsps honey *— either maple syrup plus additional to taste*
- half tsp ground ginger *— either One-quarter-inch knob of fresh ginger (supposing not employing a high-power blender, mince the ginger first; employless than half tsp supposing you'd like a more subtle taste. This smoothie has some zip!)*
- Small handful of ice cubes
- If you want additions: chia seeds *— flaxseed, protein powder, almond butter either else nut butter of choice*

Instructions

1. In the order listed, place the almond milk, spinach, avocado, apples, banana, honey, ginger, and ice to a high-powered blender.
2. Blend till smooth. Taste and adsimply sweetness and spices as desired. Enjoy immediately.

Recipe Notes

- Supposing you have any leftovers either Dont drink both smoothies right away, you'll keep the extra in some airtight glass container such as a mason jar within the refrigerator for up to one day. You'll also halve the recipe supposing you prefer.
- Supposing you Dont have a high-powered blender, I advised mixing the almond milk, spinach, and avocado first, and then place the apple, banana, honey, and ginger. As completely smooth, slowly place and blend within the ice.

Vegan Cookie Dough Bars with Chocolate Chips

YIELD : **ONE (8X4) PAN, APPROXIMATELY TEN BARS**

PREP TIME:
15 MINS
COOK TIME:
5 MINS
TOTAL TIME:
20 MINS

Ingredients

FOR THE COOKIE DOUGH FILLING:

- half cup pitted medjool dates
- one cup old-fashioned rolled oats *— certified gluten free supposing needed*
- three-quarters cup almond flour
- 3 tbsp unsalted peanut butter *— almond butter, either cashew butter (I used the natural, drippy kind that is stored within the refrigerator)*
- two tbsp pure maple syrup
- one tbsp pure vanilla extract
- One-quarter tsp kosher salt
- one-third cup semisweet mini chocolate chips *— approximately two ounces; dairy free supposing needed*

FOR THE CHOCOLATE TOPPING (IF YOU WANT):

- 2/3 cup sliced semisweet chocolate either chocolate chips *— approximately 4 ounces; dairy free supposing needed*
- one tsp coconut oil

Instructions

1. Supposing your dates are at all dry, place them in a small bowl and overlay with hot water. allow sit 5 mins, then drain. Place the dates within the bowl of a food processor fitted with a steel blade.
2. Add the oats and pulse till the oats are broken down and the mix forms a sticky ball that sticks to the edges of the bowl. place the almond flour, peanut butter, maple syrup, vanilla, and salt and pulse till the mix forms a smooth paste, stopping to scrape the bowl and break up the ingredients as needed. Supposing the mix seems very dried (this may happen depending on the moisture content in your dates and nut butter), place water one tsp at a time, till the dough simply sticks along just as you Put this with your fingers. Place the mix to a average mixing bowl and stir within the mini chocolate chips.
3. Line some 8x4-inch loaf pan with parchment paper, leaving some of the paper hanging out on two sides like handles. Peel the dough in the pan and Put this in some even layer, Puting this all the way in the corners. Place within the freezer for 30 mins, till set.
4. For the chocolate topping: In a microwave-safe bowl either a heatproof bowl set over a pan of simmering water, carefully soften the chocolate. Supposing microwaving, check and stir this every 15 seconds to prevent burning. Just as the chocolate is almost however not yet completely softened, take away from warmth and stir within the coconut oil till completely softened and smooth. unfold the softened chocolate over the cooled bars, then comeback them to the freezer for ten to 20 additional mins to set completely. Take away from the pan employing the parchment overhang, slice, and enjoy.

Recipe Notes

- Keep leftover bars within the refrigerator for one to two weeks either chill for up to two months.
- I haven’t tried subbing additional oats for the almond flour, however I think this could work.
- Additions: Supposing you like, you’ll place a tbsp either two of additional healthy mix-ins, such as flaxseed meal, hemp seeds, either chia seeds. This may alter the consistency of the bars, so supposing they seem to dry, place one tsp of water at a time till the mix holds along.

Starbucks Mocha Frappuccino

YIELD **: ONE DRINK**
PREP TIME:
3 MINS
TOTAL TIME:
3 MINS

Ingredients

- one cup strong black coffee *— chilled*
- half average banana *— slice in chunks and frozen*
- two tbsp unsweetened cocoa powder
- two tbsp Bob's Red Mill Chia Seeds
- one tbsp light agave *— plus additional to taste*
- two tsps pure vanilla extract
- Ice
- If you want for submitting: whipped cream *— whipped coconut cream, chocolate shavings, chocolate syrup either mini chocolate chips*

Instructions

1. Mix the coffee, banana, cocoa powder, chia seeds, agave, and vanilla extract within the down of a blender.
2. Blend till smooth, approximately 30 either so seconds depending on your blender, then place a small handful of ice cubes, mixing till the mix becomes thick. Keep adding ice cubes till you reach your desired consistency (I like mine fairly thick). Pour in a glass. Garnish as desired and enjoy immediately.

Recipe Notes

- This Mocha Frappuccino is best enjoyed instantly when its made. For a head start on the recipe, brew your coffee up to one day in advance and keep within the refrigerator in some airtight container.

Protein Cookies

YIELD **: 12 COOKIES**
PREP TIME:

15 MINS
COOK TIME:
12 MINS

Ingredients

- three-quarters cup mashed banana *— approximately two big*
- half cup peanut butter *— else nut butter of choice, either sunflower seed butter*
- two big eggs
- two tbsp pure maple syrup* *— either honey either light agave*
- two tbsp chia seeds
- one half tsps pure vanilla extract
- half tsp ground cinnamon
- one tsp baking soda
- three-quarters cup oat flour**
- half cup toasted pepitas *— pumpkin seeds*
- One-quarter cup reduced-sugar dried cranberries
- One-quarter cup raisins

Instructions

1. In a big bowl, blend along the mashed banana and peanut butter till smooth. Stir within the eggs till evenly mixd. Next, stir within the maple syrup, chia seeds, vanilla, and cinnamon. Strew the baking soda, then the oat flour, over the top. place down to mix. Last, place down within the pepitas, cranberries, and raisins. The batter can look very liquidy. Place the bowl within the refrigerator to chill and set for at least 4 hours, either overlay with plastic and refrigerate overnight.***
2. Just as ready to bake, place a rack within the middle of your oven and prewarmth the oven to 375 degrees F. Line a baking sheet with parchment paper either a silicone baking mat. With a big cookie peel either spoon, portion the batter by One-quarter cupfuls onto the prepared cookie sheet. Supposing needed, form them slightly with your fingers so that they are round and slightly flat on top. Prepare in oven for 12 to 14 mins, till the cookies feel dried and set on the top and edges and a toothtake inserted in the middle comes out clean. allow cool on the pan for ten mins, then Place to a wire rack to finish cooling completely.

Recipe Notes

- *As written, these cookies are not super sweet. Supposing you desire a sweeter cookie, place one tbsp additional maple syrup.
- **To prepare your own oat flour, pulse three-quarters cup oats in a food processor till they are good ground.
- ***I found that 4 hours refrigeration time was sufficient for the cookies to set and be thick and puffed like within the photos. Ben's mom found that she needed to chill them overnight either the cookies came out flat. The thickness may vary with your oven, however supposing you want to be ten0% sure of having thick, puffy cookies, I'd suggest overnight refrigeration.
- I have not tried adding protein powder to these cookies. I think you could experiment with a tbsp either two, however since I haven't tested the recipe this way, I can't be certain. Supposing you do decide to play around with adding protein powder, I'd love to hear how this goes.
- Keep leftover cookies at approximately 25 °C for up to one week either chill for up to 3 months.

Pumpkin Overnight Oats

YIELD **: 6 (1 ONE-QUARTER CUP SUBMITTINGS)**
PREP TIME:
5 MINS
COOK TIME:
7 HRS
TOTAL TIME:
7 HRS 5 MINS

Ingredients

- one half cups steel slice oats — *Dont substitute quick cooking, instant, either rolled oats, gluten free supposing needed*
- 3 cups water
- two cups milk — *any kind you like (I used unsweetened vanilla almond milk)*
- one can pumpkin puree — *(15 ounces)*
- One-quarter cup pure maple syrup — *plus additional for topping**
- One-quarter cup ground flaxseed meal — *either swap some equal amount of chia seeds, hemp seeds, either 3 tbsp additional steel slice oats*
- one tbsp pure vanilla extract
- one tbsp ground cinnamon
- one tsp ground ginger
- half tsp ground nutmeg — *it's some amazing flavor upgrade to grate your own whole nutmeg. I employthis zester to do it.*
- half tsp ground cloves — *either allspice*
- half tsp kosher salt
- For submitting: sliced toasted pecans — *dried cranberries, sliced dried apricots, chocolate chips, peanut butter, either any else mix-ins you enjoy with pumpkin*

Instructions

1. Place all of the ingredients, except for the toppings, within the down of a 4-to-6-quart slow cooker and stir to mix: Steel slice oats, water, milk, pumpkin, maple syrup, flaxseed meal, vanilla, cinnamon, ginger, nutmeg, cloves, and salt.
2. Overlay and prepare on poor for 7 hours (overnight) either on high for 3 half to 4 hours, till the oats are soft however maintain a little bit of chew. Take away overlay and stir to evenly mix the ingredients, scraping the oats off the down and away from the edges. Enjoy warm with desired toppings.

Recipe Notes

- This recipe as written is not ultra sweet, however can simply be adjusted. I advised trying this with the One-quarter cup pure maple syrup only, then adding additional to individual submittings as you like.

Pumpkin Energy Balls

YIELD **: 12 BALLS, APPROX.**
PREP TIME:
TEN MINS
CHILLING TIME:
30 MINS
TOTAL TIME:
40 MINS

Ingredients

- one cup pitted Mejool dates *— approximately 8 ounces either ten-12 big dates*
- one cup old fashioned rolled *— either quick oats gluten free supposing needed*
- One-quarter cup toasted pecan halves
- One-quarter cup pumpkin puree
- one tbsp pure maple syrup *— plus additional 1-3 tsps as desired*
- one tbsp chia seeds either ground flaxseed meal
- two One-quarter tsps pumpkin pie spice *— either swap: one One-quarter tsps ground cinnamon, half tsp ground ginger, One-quarter tsp ground nutmeg, and 1/8 tsp cloves*
- one tsp pure vanilla extract
- One-quarter tsp maple flavor *— either maple extract* if you want however delicious
- 1/8 tsp kosher salt

Instructions

1. Supposing the dates are dried either hard, allow soak in hot water for ten mins, then drain and pat dry. Place the dates to a food processor fitted with a steel blade. Pulse till the dates are in small pieces and form a sticky ball.
2. Add the oats, pecans, pumpkin, one tbsp maple syrup, chia seeds, pumpkin pie spice, vanilla extract, maple extract (supposing using), and salt. Pulse to mix. The oats and nuts should be in small pieces of roughly the same size, however not completely smooth. Taste and place 1-3 tsps additional maple syrup supposing you desire a sweeter mix.
3. Place the mix to a bowl, then overlay and refrigerate for at least 30 mins. With a spoon either cookie scoop, peel the mix then roll this in balls. Place to some airtight container and keep within the refrigerator for up to two weeks either chill for up to two months. Supposing the balls are frozen, there is no must to allow thaw—simply eat immediately, either allow them sit a several mins to warm up supposing desired.

Recipe Notes

- These Pumpkin Energy Balls possibly kept within the refrigerator for up to two weeks either chilled for up to two months. You’ll eat the balls instantly from the freezer, either allow them warm up a bit supposing you prefer.

Apple Cinnamon Overnight Oats

YIELD **: ONE JAR (OR AS MANY AS YOU LIKE!)**
PREP TIME:
5 MINS
TOTAL TIME:
8 HRS

Ingredients

FOR EVERY JAR:

- one-third cup old fashioned oats — *gluten free supposing needed*
- half tsp ground cinnamon
- Tiny pinch ground ginger
- Tiny pinch ground cloves
- Tiny pinch kosher salt
- half average apple — *cored and diced (peeling if you want), any kind you enjoy eating (I used honeycrisp)*
- half cup Almond Breeze Unsweetened Vanilla Almondmilk
- one half tsps pure maple syrup
- half cup non-fat plain Greek yogurt
- one tbsp ground flaxseed meal — *either substitute chia seeds*
- If you want toppings: Toasted almonds — *either walnuts; dried fruit, such as raisins, cranberries, either apricots, additional maple syrup*

Instructions

1. Add the ingredients to a 16-ounce mason jar either else individual storage container within the order listed above: oats, cinnamon, ginger, cloves, salt, diced apples, almondmilk, maple syrup, Greek yogurt, and flaxseed. Dont shake. Seal jar and refrigerate overnight (or up to 5 days). You'll also stratum the ingredients in a bowl, then overlay the bowl with plastic cover and refrigerate.
2. Just as ready to eat, shake the jar to mix the ingredients either empty the contents of the container in a submitting bowl and stir to mix. place a little more Greek yogurt either almondmilk supposing a thicker/thinner consistency is desired. place any desired toppings and enjoy!

Recipe Notes

Keep overnight oats within the refrigerator for up to 5 days.

Homemade Pudding Pops

YIELD **: 6 POPS**
PREP TIME:
TEN MINS
COOK TIME:
2 MINS
FREEZING TIME:
8 HRS
TOTAL TIME:
TEN HRS 12 MINS

Ingredients

FOR THE POPS:

- two half cups chocolate almond milk
- 6 tbsp unsweetened cocoa powder
- 3 tbsp light agave nectar
- half tsp kosher salt
- 5 tbsp chia seeds

FOR THE CHOCOLATE SHELL (IF YOU WANT):

- 6 ounces semi sweet chocolate — *dairy free supposing needed*
- two tbsp coconut oil
- Assorted garnishes: Sprinkles — *chill dried raspberries, roasted sliced almonds, extra sliced dark chocolate, sliced chocolate sandwich cookies, sliced peanut butter cups*

Instructions

1. In a average saucepan, mix the chocolate almondmilk, cocoa powder, agave, and salt. Warmth over average low, whisking continually, till the cocoa dissolves, one to two mins. Pour the mix in a average bowl, then blend within the chia seeds. allow cool to approximately 25 °C.
2. Overlay the bowl with plastic and refrigerate the mix till the mix is completely chilled and the chia seeds are plumped, approximately two hours more, whisking as halfway through and breaking up any clumps. (You'll also allow the mix sit overnight). As chilled, share evenly between 6, 8-ounce either bigr ice pop molds (you'll also pour in a smaller mold —you'll simply have more than 6). Chill pops till completely solid, at least 8 hours either overnight. allow sit at approximately 25 °C a several mins before unmolding. Supposing the pops stick to the mold, run the plastic ends of the mold under warm water for a several seconds, till they loosen.
3. To prepare the chocolate dip, soften the semi sweet chocolate and coconut oil along. Drizzle over the pops either dip the pops directly in the chocolate. Whereas the chocolate is still wet, strew with any desired toppings (or place toppings on a plate either in a bowl and "dunk" the pops in them). Place in a plastic bag either on top of a parchment lined plate either baking sheet and comeback to freezer for a several mins to set the chocolate supposing needed. Enjoy!

Peanut Butter Chia Healthy Granola Bars

YIELD **: 12 BARS (1 8X8-INCH PAN)**
PREP TIME:

20 MINS
CHILLING TIME:
2 HRS
TOTAL TIME:
2 HRS 20 MINS

Ingredients

one half cups old fashioned rolled oats — *(quick cooking can also be used—I simply prefer the chewier texture of the old fashioned)*

half cup roughly sliced nuts — *(walnuts, pecans, and almonds either a mix. I used walnuts)*

One-quarter cup unprepared millet — *either unprepared quinoa*

One-quarter cup chia seeds

2/3 cup creamy peanut butter — *(Dont employthe kind that must be chilled either the bars may not set)*

one-third cup honey — *(I like raw—use maple syrup to prepare vegan)*

one tsp vanilla extract

one tsp cinnamon

One-quarter tsp kosher salt

half cup chocolate chips, — *dried cherries, raisins, sliced dried apricots, sliced dried dates, etc. (I used sliced mejool dates)*

Instructions

IF YOU WANT: Prewarmth your oven to 350 degrees F. unfold the oats, nuts, quinoa either millet, and chia seeds on some ungreased baking sheet. Prepare in oven till the mix is slightly golden and smells toasty, approximately ten mins. put aside.

Line some 8x8-inch baking dish with plastic cover either parchment paper, slightly mist with cooking spray, then put aside.

In a small saucepan over average poor heat, soften along the peanut butter and honey, mixing frequently till creamy and smooth. Take away from the heat, then stir within the vanilla, cinnamon, and salt.

In a big mixing bowl, mix the oats, millet (or quinoa), nuts, and chia seeds. Pour the peanut butter mix over the top, then with a rubber spatula, stir till the ingredients are evenly coated. Supposing employing chocolate, allow the mix cool for one to two mins to assurethe chocolate doesn't soften, then stir in any desired mix-ins (supposing you are not adding chocolate, you'll stir within the mix-ins right away).

Place the mix to the prepared baking dish. With a rubber spatula, Put this firmly to the edges, then place a sheet of plastic cover over the top and Put down firmly with your fingers to prepare sure this is unfold tightly and evenly. Refrigerate for two hours to allow the bars to set and the flavors to mingle. employthe plastic either parchment paper to take away the bars from the pan, chop in bars, and enjoy.

Recipe Notes

I love toasting the ingredients in Step 1, because this deepens the bars' flavor. That said, supposing you'll't handle turning on your oven, this is totally fine to skip this step! Supposing you have time, I would still suggest toasting the nuts in a dried saucepan on poor warmth before adding them, because this does so much to maximize their flavor, however this is if you want too.

Keep leftover bars in some airtight container within the refrigerator for up to two weeks. To freeze, individually cover in plastic, place in a ziptop bag, then chill for up to two months.

3 Ingredient Strawberry Chia Jam

YIELD **: ONE HALF CUPS**
PREP TIME:
TEN MINS
COOK TIME:
20 MINS

Ingredients

24 ounces strawberries *— either fruit of choice, fresh either chilled (supposing the fruit is big, chop this in pieces first)*

2-4 tbsp honey, *— maple syrup, either agave (I used honey)*

two tbsp chia seeds

IF YOU WANT PLACE INS:

Aged balsamic vinegar *— (good with berry jams)*

Ginger *— either cinnamon (good with stone fruit jams)*

Vanilla extract *— either almond extract*

Orange either lemon zest

Instructions

In a average saucepan, mix the fruit and two tbsp honey. Overlay and bring to a simmer over average heat, mixing sometimes, till this begins to liquefy (approximately 5 to ten mins for berries, longer for firmer fruits). As the fruit is liquidy, bring this to a gentle boil and allow prepare till this breaks down and becomes saucy, approximately 5 mins. Mash slightly to reach your desired consistency (I kept mine fairly chunky).

Taste the jam for sweetness. Supposing you desire more, stir in additional honey a several tsps at a time, till you reach the desired taste. Stir in any if you want mix-ins.

Stir within the chia seeds and allow prepare one minute. Take away the pan from the heat, stir as more, and allow sit for ten mins. The jam can keep to thicken as this cools. (Supposing this seems very thin, place one to two additional tsps of chia seeds, stir, then allow sit ten additional mins.)

Place the chia jam to some airtight container and keep within the refrigerator for up to two weeks either chill for up to two months.

Recipe Notes

Leftover chia jam possibly stored within the refrigerator for up to two weeks either chilled for up to two months.